

# **ABSTRACT**

Title:

*Non-specific preparation of figure skaters (5-14 years of age) during preparation period*

## **Purpose of paper:**

In the diploma paper I am going to focus on the issue of non-specific preparation of figure skaters. I would like to point out the importance of **establishing a wide basis of agility abilities in children** (from the ages of 5 to 14) during training season.

The purpose of this work is to create a model of non-specific preparation of children, which emphasizes the main non-specific agility abilities for later peak performance training of figure skaters. These include balance, coordination, flexibility, endurance, speed, and strength. These qualifications determine the measure of exact execution of specific elements on the ice (jumps, step variations, pirouettes, and spirals).

It is clear that these agility abilities are interconnected in a direct and indirect way. By creating a coherent training approach, these connections can be discovered, named, and included in the preparation structure.

## **The methods:**

The method of literature research was utilized for this work.

## **The result:**

The result should be a proposal of a coherent training approach of non-specific preparation of figure skaters (from the ages of 5 to 14) during training season.

## **KEY WORDS:**

Figure skating, preparation structure: non-specific preparation, preparation period, individual age-related needs of children and youth.